

## 9-day: Honduran coffee farms, Mayan ruins, Lenca culture, lush nature & secluded tropical beaches

### TRIP OVERVIEW:

This 9-day trip will take you across western and northern Honduras, where you will immerse yourself in the landscape of Honduran coffee production, explore ancient Mayan ruins, hike rain forest trails, and bask in tropical beaches. If this is your first trip to Honduras you will experience many of the country's highlights, as well as some hidden gems. The trip highlights include a visit to the Copan Archaeological Park, a must-see UNESCO World Heritage Site, and the Museum of Mayan Sculpture. You will also have the opportunity to visit coffee farms in the western highlands home to the Lenca people. Last but not least, in Punta Sal National Park you will swim and snorkel in crystal clear water, explore coral reefs.

**Trip Duration:** 9D/8N

#### Day 1: San Pedro Sula – Copan Ruinas

- Meet & greet in San Pedro Sula airport (**airport code: SAP**)
- Transfer to Copan Ruinas (*approx. 4.5 hours from airport*)
- OPTIONAL after dinner presentation about Honduras and trip description
- Overnight in Copan ([Casa de Café B&B](#) or [Hotel Copan Colonial](#) or similar)



#### Day 2: Copan Ruinas

- Breakfast (included in hotel)
- AM: La Laguna birding walk on route to the coffee farm
- AM: Visit coffee farm (1250-1450masl, several coffee varieties)
- PM: Horseback ride in the Copan River Valley surrounding the town, including the Maya-Chorti village of La Pintada
- Overnight in Copan ([Casa de Café B&B](#) or [Hotel Copan Colonial](#) or similar)



#### Day 3: Copan Ruinas – Veracruz, Copan

- Breakfast (included in hotel)
- AM: Guided tour of the Copan Archaeological Site and the Museum of Mayan Sculpture
- Lunch and coffee farm tour in [Finca Santa Isabel](#)
- Transfer to Hacienda Montecristo in Veracruz, Copan (*approx. 2.5 hours*)
- Overnight in [Hacienda Montecristo](#)

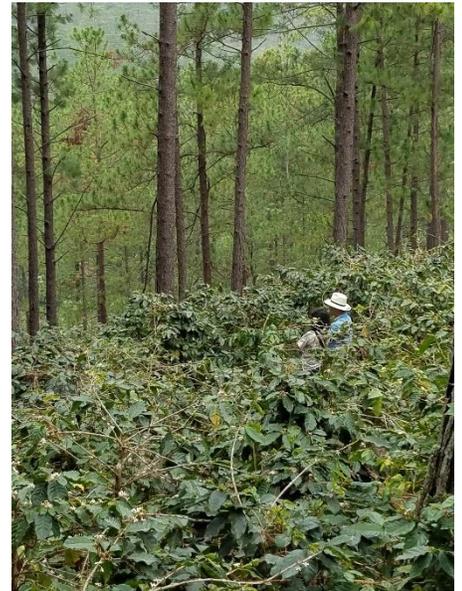
## Day 4: Veracruz – Santa Rosa de Copan – Veracruz

- Breakfast (included in hotel)
- Hacienda Montecristo coffee farm tour and roasting room visit (1200masl, Varieties: Pacamara, Parainema, Maragpgype, Caturra, Red Catuai, Yellow Catuai, Ovata, IHCAFE-90, Lempira, Marsellesa)
- PM: walking tour of Santa Rosa de Copan, the town with the most independent coffee shops in Honduras
- OPTIONAL: dinner in a restaurant in Santa Rosa, this is an example: [Restaurante Lenca Maya](#)
- Overnight in [Hacienda Montecristo](#)



## Day 5: Veracruz – La Campa – Gracias

- Breakfast (included in hotel)
- Transfer to La Campa, Lempira (*approx. 2 hours*)
- 4x4 truck drive to Finca Los Cipreses in San Marcos de Caiquin
- Lunch in San Marcos de Caiquin
- Visit a traditional [Lenca pottery workshop in La Campa](#)
- Overnight in La Campa ([Hotel Camino Lenca](#)) or in Gracias, Lempira ([Hotel Guancasco](#) or similar)
- OPTIONAL in Gracias: take an evening dip in the thermal hot springs near town



## Day 6: Gracias – La Esperanza - Marcala

- Breakfast (included in hotel)
- Walking tour of Gracias historic center
- Transfer to Marcala (*approx. 2 hours*)
- On-route to Marcala time for lunch in La Esperanza, and town center walk
- Overnight Marcala
- Marcala is the first region in Central America to have a Designated Denomination of Origin Seal for its coffee



## Day 7: Marcala – Tela, Atlantida

- Breakfast (included)
- AM: Visit and tour of [Finca Pinar del Rio](#) with coffee tasting. (1300masl, 30 coffee varieties on the farm, and seed bank, including: Geisha, Mondonovo, Bourbon, Maragogype, Tipica, Purpura, Moca, and more)
- Cupping session with local specialty coffees, led by [Finca Los Catadores](#)

- Transfer to Tela (*approx. 5 hours*)
- Overnight Tela ([Hotel Playa Bonita](#) or similar)

## Day 8: Tela – Punta Sal National Park - Tela

- Breakfast (included)
- Boat trip to Punta Sal National Park, coral reef snorkeling, and secluded beaches, picnic lunch included
- Overnight Tela ([Hotel Playa Bonita](#) or similar)



## Day 9: Tela – San Pedro Sula Airport

- Breakfast (included in hotel, depending on departure time to airport)
- Transfer to San Pedro Sula airport (SAP) (*approx. 1.5 hours*)

## The trip price includes:

- Transportation vehicle with professional driver for duration of trip
- 8 nights accommodations, double occupancy rooms
- Breakfast daily (menu options vary in each hotel)
- Lunch in Punta Sal (Day 8)
- Boat transfers as specified (Day 8)
- The activities specified in the itinerary
- Honduran sales tax



## The trip itinerary does NOT include:

- Airfare
- OPTIONAL Tours, and activities not specified
- Tips, Gratuities
- Alcoholic beverages
- Meals (other than specified above)
- Airport departure tax
- Trip insurance
- Any other incidentals



## Estimated Prices:

US\$ 2719/person (based on 2 travelers)

US\$ 1749/person (based on 4 travelers)

US\$ 1419/person (based on 6 travelers)

\*\*based on double occupancy rooms. Prices subject to change without notice.

Contact us for a custom quote: [coffee@choosehonduras.com](mailto:coffee@choosehonduras.com)